

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-19
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	FOGIEL-PAWŁOWSKA Agnieszka	8291		Masters K - 40	1	00:29:23	00:44:59	01:10:39.95		7:04	8.5 (100%)
2	WÓJCIK Kamila	8364	NIEDŹWIEDZIE POLARNE	Masters K - 40	2	00:32:09	00:49:47	01:17:42.95	+00:07:03 (9.1%)	7:46	7.7 (90.6%)
3	HACZYK Natalia	8378	GOGLE PAE TEAM	Masters K - 40	3	00:32:10	00:50:04	01:18:38.80	+00:07:58 (10.1%)	7:51	7.6 (89.4%)
4	GRZYBOWSKA Aneta	8357	ZGRUPKA TEAM	Masters K - 40	4	00:32:05	00:50:36	01:18:52.70	+00:08:12 (10.4%)	7:53	7.6 (89.4%)
5	ZATKE Dorota	8226	AKADEMIA BIEGACZA SALOS WODNAP	Masters K - 40	5	00:30:42	00:50:50	01:21:45.65	+00:11:05 (13.6%)	8:10	7.3 (85.9%)
6	BRUSIŁOWICZ Dagmara	8069	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	6	00:33:04	00:52:06	01:22:19.25	+00:11:39 (14.2%)	8:13	7.3 (85.9%)
7	DZIADOWICZ Anna	8383	ADRIAN DANILEWICZ GROUP	Masters K - 40	7	00:33:02	00:53:28	01:23:55.75	+00:13:15 (15.8%)	8:23	7.1 (83.5%)
8	WENTYKIER Beata	8024		Masters K - 40	8	00:33:00	00:52:41	01:24:35.25	+00:13:55 (16.5%)	8:27	7.1 (83.5%)
9	GRĘDA Elżbieta	8100	TIM JEST TIM	Masters K - 40	9	00:34:19	00:55:17	01:24:47.30	+00:14:07 (16.7%)	8:28	7.1 (83.5%)
10	DOLECKA Elżbieta	8377	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	10	00:34:09	00:53:03	01:25:19.00	+00:14:39 (17.2%)	8:31	7 (82.4%)
11	HAUSER-GIERS Monika	8041	KOŚCIAN TEAM	Masters K - 40	11	00:34:02	00:53:53	01:27:16.40	+00:16:36 (19.0%)	8:43	6.9 (81.2%)
12	TEKIELI Ewelina	8018	TEKIELI FAMILY	Masters K - 40	12	00:35:00	00:55:40	01:30:02.40	+00:19:22 (21.5%)	9:00	6.7 (78.8%)
13	PIGUŁA Agnieszka	8356		Masters K - 40	13	00:36:17	00:57:14	01:30:07.85	+00:19:27 (21.6%)	9:00	6.7 (78.8%)
14	RAPACZ-TOPILKO Anna	8360		Masters K - 40	14	00:36:41	00:57:33	01:30:30.40	+00:19:50 (21.9%)	9:03	6.6 (77.6%)
15	MIKOŁAJCZAK Agnieszka	8344	FRIENDS GOSTYŃ	Masters K - 40	15	00:35:54	00:59:50	01:32:32.05	+00:21:52 (23.6%)	9:15	6.5 (76.5%)
16	HORODYNSKA Mirosława	8339	KOTWICA BRZEG	Masters K - 40	16	00:36:38	00:59:14	01:32:37.95	+00:21:58 (23.7%)	9:15	6.5 (76.5%)
17	ŁOBASIUK Iwona	8382	FUNDACJA KIERUNEK ULTRA	Masters K - 40	17	00:37:58	00:59:31	01:34:17.00	+00:23:37 (25.0%)	9:25	6.4 (75.3%)
18	TURAJ-KACZYŃSKA Małgorzata	8113	GUSTAW TEŻ BIEGA	Masters K - 40	18	00:35:16	00:57:54	01:34:50.85	+00:24:10 (25.5%)	9:29	6.3 (74.1%)
19	MARON Agnieszka	8321	ADIDAS RUNNERS WARSAW / JACK TEAM	Masters K - 40	19	00:37:21	00:59:48	01:34:54.15	+00:24:14 (25.5%)	9:29	6.3 (74.1%)
20	KAWCZYŃSKA Monika	8279	GUSTAW TEŻ BIEGA	Masters K - 40	20	00:35:20	00:58:01	01:34:58.35	+00:24:18 (25.6%)	9:29	6.3 (74.1%)
21	KWIECIEŃ Dorota	8115		Masters K - 40	21	00:39:53	01:01:35	01:35:32.05	+00:24:52 (26.0%)	9:33	6.3 (74.1%)
22	KAJDANIAK Paulina	8192		Masters K - 40	22	00:39:45	01:02:55	01:35:33.70	+00:24:53 (26.1%)	9:33	6.3 (74.1%)
23	KUCZYŃSKA Małgorzata	8199	INSULA ZAWONIA TEAM	Masters K - 40	23	00:37:50	00:59:30	01:37:01.60	+00:26:21 (27.2%)	9:42	6.2 (72.9%)
24	SZUBA Dagmara	8380		Masters K - 40	24	00:40:53	01:03:11	01:38:22.45	+00:27:42 (28.2%)	9:50	6.1 (71.8%)
25	UCHEREK Kinga	8031		Masters K - 40	25	00:39:21	01:01:45	01:38:38.65	+00:27:58 (28.4%)	9:51	6.1 (71.8%)
26	KRYCH Joanna	8215		Masters K - 40	26	00:39:02	01:01:56	01:38:56.05	+00:28:16 (28.6%)	9:53	6.1 (71.8%)
27	BĄCZKOWSKA Grażyna	8297	POLACY BIEGAJĄ W NL	Masters K - 40	27	00:37:41	01:00:04	01:39:51.30	+00:29:11 (29.2%)	9:59	6 (70.6%)
28	PELCZER Agnieszka	8035	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	28	00:39:47	01:03:55	01:39:56.45	+00:29:16 (29.3%)	9:59	6 (70.6%)
29	GAJEWSKA Magdalena	8267	LAFIRYNDY I GAMONIE	Masters K - 40	29	00:39:54	01:03:25	01:39:58.40	+00:29:18 (29.3%)	9:59	6 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
30	ŁUSIAK Ewa	8187	KNEIPPTEAM	Masters K - 40	30	00:42:24	01:04:07	01:40:42.70	+00:30:02 (29.8%)	10:04	6 (70.6%)
31	PĘCZKOWSKA Magdalena	8051		Masters K - 40	31	00:40:04	01:03:37	01:41:43.85	+00:31:03 (30.5%)	10:10	5.9 (69.4%)
32	JERMAK Anna	8097	BOHAR PALETY RUNNERS	Masters K - 40	32	00:41:02	01:05:16	01:43:07.55	+00:32:27 (31.5%)	10:18	5.8 (68.2%)
33	NIECHAJ Anna	8036	POMIDOROWA ALTERNATYWA	Masters K - 40	33	00:41:58	01:07:42	01:43:29.45	+00:32:49 (31.7%)	10:21	5.8 (68.2%)
34	CHOJECKA Magdalena	8193	ZBUCKI RUCH	Masters K - 40	34	00:42:15	01:05:38	01:43:35.40	+00:32:55 (31.8%)	10:21	5.8 (68.2%)
35	ROGOWSKA Izabela	8418	STOWARZYSZENIE BIEG OPOLSKI	Masters K - 40	35	00:41:06	01:05:50	01:44:48.10	+00:34:08 (32.6%)	10:28	5.7 (67.1%)
36	SOWIŃSKA Magdalena	8413	BOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	36	00:40:52	01:06:05	01:45:01.70	+00:34:21 (32.7%)	10:30	5.7 (67.1%)
37	TOMERA Dorota	8253	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters K - 40	37	00:43:11	01:08:12	01:46:05.95	+00:35:26 (33.4%)	10:36	5.7 (67.1%)
38	KUCZYŃSKA Agnieszka	8220	BIĄŁYSTOK BIEGA TEAM	Masters K - 40	38	00:40:00	01:08:53	01:47:21.45	+00:36:41 (34.2%)	10:44	5.6 (65.9%)
39	BUGAJSKA-JUCHA Renata	8200	CARBO ASECURA/CA AKTYWNI	Masters K - 40	39	00:43:22	01:07:42	01:48:02.80	+00:37:22 (34.6%)	10:48	5.6 (65.9%)
40	WILGUS-KUBICA Katarzyna	8210		Masters K - 40	40	00:43:35	01:07:50	01:48:10.80	+00:37:30 (34.7%)	10:49	5.5 (64.7%)
41	ZIELIŃSKA - KASZAM Magdalena	8408		Masters K - 40	41	00:42:40	01:05:08	01:48:54.75	+00:38:14 (35.1%)	10:53	5.5 (64.7%)
42	KOŁACZ Wiola	8265	LAFIRYNDY I GAMONIE	Masters K - 40	42	00:45:00	01:10:23	01:50:27.50	+00:39:47 (36.0%)	11:02	5.4 (63.5%)
43	KUŹNIAK Justyna	8142	KB SZAMOTUŁY	Masters K - 40	43	00:43:38	01:12:07	01:51:13.90	+00:40:33 (36.5%)	11:07	5.4 (63.5%)
44	JAKUBOWSKA Judyta	8038		Masters K - 40	44	00:43:42	01:10:36	01:52:31.95	+00:41:52 (37.2%)	11:15	5.3 (62.4%)
45	KMONK Magdalena	8052		Masters K - 40	45	00:42:47	01:11:20	01:53:36.35	+00:42:56 (37.8%)	11:21	5.3 (62.4%)
46	GAJDZIŃSKA Magdalena	8230	BIĄŁYSTOK BIEGA TEAM	Masters K - 40	46	00:44:51	01:11:52	01:54:53.40	+00:44:13 (38.5%)	11:29	5.2 (61.2%)
47	WYSMOLINSKA Karolina	8319		Masters K - 40	47	00:45:48	01:13:29	01:55:25.05	+00:44:45 (38.8%)	11:32	5.2 (61.2%)
48	GAGAS Aleksandra	8372		Masters K - 40	48	00:44:10	01:13:45	01:56:23.80	+00:45:43 (39.3%)	11:38	5.2 (61.2%)
49	WINIARSKA Monika	8042	DXTREEM RUNNING	Masters K - 40	49	00:44:20	01:13:05	02:01:35.95	+00:50:56 (41.9%)	12:09	4.9 (57.6%)
50	RAKUS Justyna	8006		Masters K - 40	50	00:48:54	01:18:20	02:03:45.35	+00:53:05 (42.9%)	12:22	4.8 (56.5%)
51	BOBIN Anna	8055	ZOCHU TEAM	Masters K - 40	51	00:47:23	01:19:08	02:03:50.85	+00:53:10 (42.9%)	12:23	4.8 (56.5%)
52	MACUR Agnieszka	8088		Masters K - 40	52	00:47:19	01:16:48	02:03:53.85	+00:53:13 (43.0%)	12:23	4.8 (56.5%)
53	KOWALEWSKA Katarzyna	8023		Masters K - 40	53	00:47:21	01:17:03	02:09:07.00	+00:58:27 (45.3%)	12:54	4.6 (54.1%)
54	JACHIM-SZUBA Magdalena	8390		Masters K - 40	54	00:47:38	01:18:37	02:10:03.10	+00:59:23 (45.7%)	13:00	4.6 (54.1%)
55	ROŹKO Ela	8203	4ROŹKI	Masters K - 40	55	00:47:17	01:17:02	02:13:14.10	+01:02:34 (47.0%)	13:19	4.5 (52.9%)
56	OLMA Katarzyna	8228		Masters K - 40	56	00:55:56	01:24:17	02:15:54.50	+01:05:14 (48.0%)	13:35	4.4 (51.8%)
57	PODJUK Kinga	8190	FRIENDS GOSTYŃ	Masters K - 40	57	00:54:06	01:30:32	02:30:02.15	+01:19:22 (52.9%)	15:00	4 (47.1%)
58	SZYMAŃSKA Agnieszka	8074	MUAY RUNNING TEAM	Masters K - 40	58	01:19:22	02:01:24	03:07:19.15	+01:56:39 (62.3%)	18:43	3.2 (37.6%)

Znaleziono 58 wynik(ów)